

APPETIZERS

Soup of the Day	7
" Vieux Couvent " Salad Mixed greens, seasonal vegetables with raspberry vinaigrette.	5 / 8
Beet Salad Diced red beets, caramelised pumpkin seeds, roasted " Fromagerie Les Biquettes à l'air " goat cheese, citrus vinaigrette and Annie's micro greens.	9
" Island " Caesar Salad Romaine lettuce, croutons, bacon, " Fumoir d'Antan " smoked herring mayonnaise.	6 / 9
Oysters Rhubarb Salsa	15
Moulière Mussels : Pied de Vent Creamy Pied de Vent cheese sauce	14
Moulière Mussels: Curry Creamy curry and coconut milk sauce	11
Moulière Mussels: "À l'Abri de la Tempête" Beer	12
Moulière Mussels: Acadian Style	11
Dune Pepper Tartiflette Potatoes, onions, bacon, creamy Pied de Vent cheese sauce and Magdalen Island Dune pepper.	12
Side of Fries Regular and sweet potato fries, served with house mayo.	6

MAIN DISHES

Baised Beef Shoulder	27
Served with potatoes, vegetables and "Chalin du Barbocheux" sauce.	
Cranberry and "L'Abri de la Tempête" Beer Braised Lamb Shank	29
Braised lamb shank served with potatoes and vegetables.	
BBQ Baby Back Ribs	25
House BBQ sauce, fries and coleslaw.	
The "Gaspard" Burger	16
6oz beef patty stuffed with Brie, served with fries and coleslaw.	
Seafood Casserole or Crêpe	27
Shrimp, scallops and lobster baked in a creamy cheese sauce, served with wild rice and vegetables.	
Seafood Chowder	22
Coconut cream and basil broth with mussels, shrimp, scallops, celery and diced potatoes.	
Lobster Roll	22
Lobster salad in a toasted panini bun with fries and coleslaw.	
Fish & Chip	19
Breaded haddock filets served with fries and coleslaw.	
Warm Scallop Salad	24
Grilled scallops, caramelised walnuts, Tomme des Demoiselles cheese, balsamique reduction and honey drizzle.	
Roasted Citrus Salmon	25
Salmon pavé topped with citrus salsa, served with wild rice and vegetables.	
The " Vieux Couvent " Linguinis	
Seafood: Scallops, shrimp and mussels in a creamy sauce 27	
Lobster: Savory Magdalen Island lobster meat in a creamy sauce 30	
Chicken: Seasoned chicken breast in a creamy sauce 21	
Vegetable: Grilled mixed vegetables, creamy sauce 16	
Catch of the Day	
Daily fish special served with rice and vegetables.	
Magdalen Islands Lobster	
Served in shell with compound garlic butter, couscous and vegetables.	
Magdalen Island Shellfish Exploration (platter for 2)	
Local lobsters, oysters and mussels served with couscous.	